

JUNE 2020



**The United Benefice of LORTON and
LOWESWATER with BUTTERMERE**

Letter from the Editor

Dear Link readers,

I'm glad to say that our Printer, Mike Taylor, is now open for business again so we have been able to produce hard copies once more. All those who receive their copy of The Link courtesy of Royal Mail will do so this month, and some of you may also get a digital version if you have requested one. We are also doing our best to deliver to everyone within the Valley - but please can you spread the word that copies can also be collected from Lorton Village Shop.

As I had been sent so many wonderful colour photos - for this month **only** I have produced 2 versions and the electronic one does have more content. If you can manage to look at it on the Melbreak Communities website I strongly recommend that you do so. From July onwards I will only be producing a single version which will be in the format required by the Printer - which means the pages are not in sequential order - but the electronic one will still be colour.

Once again this month we have a marvellous variety of content with a few regular columns, more poems and a 'virtual' garden trail, as well as more art work from Paul Cowling with a fascinating account of his first trip to India, and the all important answers to the flower quiz. There is also an interesting article from Leslie Webb about the Loweswater Care Programme - part 1 this month and part 2 in the July/August edition. The full article can be found in the June electronic version. On pages 22 & 23 you will find two interesting 'cake' pieces. One reader has sent in this link to a website that allows you to select any given calendar month and year to see that particular month's Moon Phases:
<https://moonphases.co.uk/moon-calendar/2020/5/4>
Why don't you give it a try.

If I could also remind you to start sending in photos for the 2021 Lorton Vale Calendar. The size of the file does not particularly matter - we want the 'full size' file, as a jpeg, please.

Rosemary
07885 360353

Our front cover is a photo from Roger Hiley of Crummock from above High Cross

VICAR'S LETTER



Dear friends

I pray that you are well and generally in good health during this period of lockdown. It is unfortunate that we cannot meet for services or any social events. We closed our Churches out of love, not out of fear, and we must open them again with that same love and not because of any external pressure. As I write this letter, we are still unsure of the map for returning to our 'new normal'.

In these very difficult and unprecedented times it is all too easy to withdraw into oneself. It is also a time when we see so much caring and support of others. Even though we are now unable to meet and share with friends and family we are blessed that there are so many other ways to communicate, we need not be alone. There are regular services and programmes on the television and radio. Christchurch, Cockermouth holds a service on You Tube every Sunday morning at 10am and sometimes others during the week. I suspect that many of you have been able to keep in contact with and 'see' family using Zoom or Skype. We have much to be thankful for.

When you receive this edition of the Link we will be celebrating Pentecost, Acts 2: 1-4: *"When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Holy Spirit enabled them."*

We must remember that Jesus did not leave us alone, John 14: 16-20: *" I will ask the Father, and he will give you another advocate to help you and be with you forever – the Spirit of truth. The world cannot accept him, because it neither sees him or knows him. but you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. Before long, the world will not see me any more, but you will see me. Because I live, you also will live. The Holy Spirit is with us – we are never alone.*

Continued overleaf.....



Finally, I have some very good news – Barbara Robinson of Loweswater has been recommended by the Bishop’s Assessment Panel for ordination training. Barbara will now undertake training for a few years until she is ordained. We thank her for all she has done to date and our prayers and very best wishes for her ongoing journey towards ordination.

A prayer for our times:

God of infinite love
you know the concerns of all your children;
be present with all who are in need at this time.
For those who fear for themselves and for others
grant your peace,
for those in authority and all who seek cures and vaccines
grant your wisdom,

for those who are sick or isolated
may they know your healing,
for those who have lost loved ones
may they know your comfort as they grieve.

May we be held in your strength this day and know your hope for the future. This we ask in the name of your Son and in the power of your Spirit.

Amen

God bless and stay safe.

Revd. Sandra

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Loweswater with Buttermere

Barbara Robinson 01900 85234

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ODE TO ACNE:

Papules and Pustules

We all know these too well

Of all known spots and pimples

These are bloody hell

~~

Mirror, mirror on the wall

Shows up yet another boil

It's said that time will tell me then

When I'll be free of all that gore

And I'll be beautiful once more

Chris Goode



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Not the Lorton W.I. Report for May 2020

Well, here we are again with a second virtual report. It would have been our A.G.M. on May 12th, when I may have reported that the present officers and committee had been voted in again, the resolutions for the National W.I. A.G.M. in June (now cancelled) were discussed and voted on, and how we would have started with a delicious fish and chip supper. Or maybe not, as your correspondent would not have been at the meeting, but on holiday in sunny Mallorca! As it is, we have enjoyed our virtual holiday in sunny Lorton. There were few differences – we have enjoyed wall-to-wall sunshine (my tan is coming along), lying around reading in said sunshine, lots of walks (about which more later), some Spanish food – frittata anyone? – and cocktails (gin and tonic) pre-dinner. The shopping has been a little more prosaic and there has been no sea bathing, although we could have had a dip in the very cold lake up the road. However, we have not had to get up at silly-o'clock to hang around airports and I haven't had to decant suitcases of soiled holiday clothes into the washing machine. We "arrived back



home" yesterday in the usual manner – to typical cool, cloudy, damp Cumbria.

We have enjoyed some exotic fauna in our "holiday"

garden - a brilliantly coloured Small Copper butterfly (see online Link for the colour photo) and humming bird moths (too fast to capture well on our phones). Both these species are more associated with the South of England and mainland Europe. They were particularly attracted to the forget-me-nots rampant in our garden at this time of year (and, having escaped, along the lanes near the house).

Which leads to the many walks we have enjoyed in our domestic holiday location. As others have commented, the wild flowers this year have been superb. We spent a couple of walks spotting and hesitatingly naming nearly 20, within a mile of our house. But called several "Little White Jobs" (the equivalent of Little Brown Jobs for birds). We didn't make much headway with Collins Pocket Guide to Wild Flowers, so we downloaded a flower identification app called Plantnet. Photograph the flower on your phone, upload it and the name appears. The first try did not engender confidence as it identified the flowers growing wild outside our house as "Austrian Poppies" and "Remember Me". However, we used it on our next few walks and were able to identify all of them. Beautiful! I wonder what the next month of self-isolation will hold? Stay well, be positive and Keep Linked.

Penny's Piece

Readers of this month's piece will fall into one of two categories; people who have continued to drive regularly because of work or helping out others and those who have been keeping it to a minimum or not at all if isolating. This is beginning to throw up some issues as I have discovered over the past couple of weeks. I have only been going out fortnightly, swapping shopping duty with hubby. So, one week my car decided it was going to have a flat battery. Charging it up worked, but now the stereo has reset and is asking for a code. I don't know what the code is or where I might have written it and have now over-attempted my guesses and been frozen out! Fuming. I always drive with music on. If you see me driving past in future and I am singing, I have either sorted it or I am just singing to myself (most likely of the two options at the moment)! Then you have the odd feeling of having forgotten how drive your own car. Where are the wipers, lights and indicators? Where is reverse? As I discovered this one is important if you have driven into the garage forwards and need to reverse to get out! Once on the road you need to remember to drive on the left. Yesterday evening I followed a car over Mockerkin Howe and swear I could have undertaken him at any point on the top if I'd wanted to. Coming out of town, the roundabout at Oakhurst seemed to be as dangerous as the old junction which used to be there, with cars cutting across others all over the place and zero use of indicators from anyone. (For those not in the know, the junction used to be like the one by

Brigham and Broughton, where you sit in the middle of the road buffeted by traffic tearing past in either direction and praying for a gap and not to stall!)

Having a cuppa as I write this and went to get a jammy ring out of the packet. Except the one up for grabs was not jammy. No jam in sight and upon removal it wasn't even a top and a bottom, but two tops! I have investigated the rest of the packet to ensure there is no jammy sandwich but to no avail. I feel unnecessarily hard done by. Someone has my jam.

It is the season of the escape artist, specifically those of the woolly variety. It has always amazed me how easily they can get out but not always get back in. I say not always as some are clearly practised and have a routine and a route. These are the sheep who 'escape' on an annual basis and teach their annoying habits to their lambs. Lambs out on their own generally fly about in absolute panic and wouldn't see anything smaller than a eight foot gap but these old dears know which stones in the wall to climb up, where the dip under the wire is, or in some cases where the fences have become particularly wide-meshed (holey). Not only that but they also give the appearance of perhaps having sore feet as they hobble at the side of the road/ path. As soon as you try to get past, they can run like whippets. Cue some non-too subtle vocal suggestions. They don't help, but you feel better. I hope everyone is keeping safe and well.

Penny

LORTON NOTES

It is a relief that some of the restrictions imposed when Lockdown started are being eased, but I fear it could be a long time yet before the social life of Lorton is back in full swing. What I do find is that without Church on Sunday and other club activities, the week loses its shape. Every day is very much like another. Fortunately, I do have a weekly pattern of meals, which helps keep me on an even keel.

Without Church services it is easy to lose track of whereabouts in the Church's calendar we are. Whit Sunday or Pentecost falls on the last day of May and I hope that, by then, most of you will have seen The Link. This commemorates a vital event in the formation of the Christian Church, namely the coming of the Holy Spirit, and can be regarded as the Church's birthday. Unfortunately we shan't be able to enjoy the red altar frontals, but I hope we shall be aware of where we are.

It was announced on the radio last Monday that churches in Italy were reopening. It does not seem all that long ago that Italy was suffering very badly from the pandemic. Can we hope that the reopening of our churches is

not far away? And can we hope that folk will not be too fearful to attend? We are told that the elderly are more at risk from the coronavirus and clearly the age profile of our congregation is in the upper bracket. But Ilfe can never be devoid of risk. I am reminded of the state of our rail services just before we moved up here. There had been an accident caused by poor track maintenance. John Prescott announced that his first priority was safety, overlooking that the first priority is to provide a rail service. Speed restrictions were imposed, it took six hours to travel from Euston to Carlisle and people abandoned the trains and took to their cars. Road casualties soared and it was said that John Prescott had found a more effective way of killing people. Perhaps this is not relevant, but being over careful can have unfortunate consequences. A balance must be found because we cannot be risk free until a vaccine is found and unless attendance recovers quickly, the crisis for the Church could be severe.

Roger Peck

NOTES FROM ST. BARTHOLOMEW'S

Another month has gone by without any substantial changes for church life at the time of writing. Our churches remain locked and we continue to look to the media - radio, tv, and internet for our opportunities to worship. By now a regular number of us are following the Mission Community's Sunday morning service at 09.45.

The loosening of the lockdown has resulted in an increased number of people in the valley both driving and walking. Some car parks are beginning to be reopened. The bluebells of Rannerdale and Holme Wood have been a big draw.

Sadly, we have to report the death of Malcolm Ibberson of the Old Vicarage Buttermere after a short illness. Malcolm, an engineer by profession, had been a keen climber and was an active member of the community. Malcolm and Barbara had lived in Buttermere for over 30 years though latterly moved to Wigan to be closer to his family.

Many congratulations to Barbara on her success in being accepted for ordination training.

Finally two quotations relevant to the times:-

All shall be well, all shall be well

and all manner of

thing shall be well.

Julian of Norwich

Let nothing disturb thee, nothing fright thee

All things are passing,

God never changeth, whom God possesseth

In nothing is wanting

Alone God sufficeth

St. Theresa of Avila

Eleanor Ella

Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st March 2020

1st prize of £25 No 1 Anne Style

2nd prize of £10 No 41 Les Polley

3rd prize of £5 No 36 Mark Elliott

Congratulations to the winners and thanks to all our supporters.

Hitchin Bridge Club

ISOLATION FLOWER QUIZ 2020

Do you know your flowers?

All the answers can be found in a garden (even if not yours)!

1	A bovine mishap (7)	Cowslip
2	A very proper flower (8)	Primrose
3	Sounds like herds of sheep (5)	Phlox
4	Kept in a warehouse (5)	Stock
5	This saves you money (6)	Thrift
6	Sad sight at a dance (10)	Wallflower
7	You will drop this quickly (3,3,5)	Red hot poker
8	Keeps his paws warm (9)	Foxglove
9	Sounds like he hates you. (7)	Anemone
10	Hard working girl (4,6)	Busy Lizzie
11	Avalanche (8)	snowdrop
12	Dear Bill (5,7)	Sweet William
13	Kentish ringing (10,5)	Canterbury bells
14	Country of drivers (9)	Carnation
15	Sugary veg (5,3)	Sweet pea
16	It led the kings (4,2,9)	Star of Bethlehem
17	Mythical beast that bites (10)	Snapdragon
18	Hello Cynthia (8)	Hyacinth
19	Mix up and hide in plum (10)	Delphinium
20	Canine stood up (7)	Dogrose
21	Soccer is confused when U replaces E (6)	Crocus
22	Avaricious mother's advice to daughter (8)	Marigold
23	Said to a departing sweetheart (6-2-3)	Forget me not
24	Sanguineous sign of broken heart (4,4,8)	Love lies bleeding
25	Not shaving, Granddad? (3,4,5)	Old man's beard
26	Alone, but surrounded by onions (7)	Petunia
27	Modestly recoiling in the woods (6)	(shrinking) violet
28	Sounds as if the water in my home is vanishing (9)	House leek
29	Confused? Gum in ear will help (8)	Geranium
30	Nancy or Mary? (5)	Aster
31	Hidden in Mordor, chiding Frodo (6)	Orchid
32	Chain on your bike (5)	Daisy
33	I can't believe it's not a mug (9)	Buttercup
34	Foggy passion (4,2,3,4)	Love in the mist
35	Flying around in Eden (4,2,8)	Bird of paradise
36	Not a sour pasture (11)	Meadowsweet
37	Sprightly dancer (8)	Daffodil
38	Pink inventor of a medicinal compound (4)	Lily

39	One in the eye (4)	Iris
40	Sounds like neither the past or present (7)	Fuchsia
41	Mixed wear, is it? (8)	Wisteria
42	Edna's favourite (8)	Gladioli
43	Schubert's Operetta Time (5)	Lilac
44	Tea on the lawn (8)	Camomile
45	Pull up in a lay by to find the answer (5)	Lupin
46	Ali had become all puzzled (6)	Dahlia
47	Nana's hat (9)	Granny's bonnet (Aquilegia)
48	You need these to frame your teeth, I hear (5)	Tulip(s)
49	He really fancied himself to death (9)	Narcissus
50	Prickly wine (9)	Hollyhock

Capturing this moment in History

We are living through a moment in time which has meant significant changes to our lives now and could have long lasting implications for the future. For some lockdown has provided a welcome opportunity to reflect on what's important to them, reconnect with distant friends and appreciate their surroundings in greater depth than they ever had before. For some people this is a desperately worrying time, for others, a time of enormous hope for the future of the environment.

We've been thinking about how we could capture people's experiences and do something as a community and have come up with the idea of asking everyone to make a contribution to an electronic 'Melbreak Communities Scrapbook'. Contributions could be photos, art work, drawing, painting, writing, poetry, video, audio, jokes, quotes; anything that sums up or illustrates your Covid 19/lockdown experience or thoughts about the future. Once collated the scrap book can provide a long term record of our experience and will be available for everyone to see via the Melbreak Communities Website. So this is your chance to get creative, put something in writing or scroll through your photos.

Please send any contributions with your name to Pip Wise via:

Email - pip.wise@hotmail.co.uk

WhatsApp - 0772 900 4943

Or ring me on 0772 900 4943 or 85561

If you would like to get involved in collating contributions please let me know, you'd be very welcome.



**Song: Wonderful World with a difference
Lockdown 2020 Louis Armstrong Style**

I hope that many of you enjoyed singing along to this song (Louis Armstrong style of course) printed in May Link.

Thanks to any who tried to provide Lockdown lyrics. A possible final verse is here and is best sung rather than read!
So.....Take it away maestro!

...The colours of the rainbow
**So pretty all in view
On windows and in homes,
Saying NHS – “Thank you”
Seeing friends waving hands,
(We) stand alone yet close at heart
We Skype and Zoom,
Miles apart....**
(back to ‘I see trees of green’ etc)

Inspired by Chris and Christine in High Lorton, a group sang ‘Somewhere over the Rainbow’ for the NHS this Thursday; maybe we shall have sung Wonderful World Lockdown style on 28th May by the time this Link is printed.

“Thank you to everyone in this valley for the wonderful community spirit ever present and especially at this time.”

Ann Peck



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Loweswater Ladies March 2020

Dear Loweswater Ladies.

Hope you are all well and coping with the isolation state we are all in. Thank goodness for the sunshine. Life is so much easier when we can at least get out into our gardens or for a short (in my case) walk. I think on the whole we are more fortunate living here in such a beautiful part of the country.

It seems that it's going to be a while until we can meet up again, whenever the "new normal" will be. I have a very bright smiley cat poster with the caption. "Positivity breeds content"

On a sad note I have to tell you that Malcolm, Barbara Ibberson's husband died last Friday from a stroke. Many of us have known them for a long time. I have written to Barbara with all our thoughts and good wishes.

Till we meet again.

Regards from Alison (Greer).

Walkers Way - Number 201

Being lucky enough to have both a fair-sized garden and an adjoining field, Lockdown confinement has really not been for us as tedious as for many folk. The garden is large enough to provide plenty to do, especially in the lovely weather we have been having, and we can even go for a stroll for an hour or so without leaving the property. Apart from the gardening itself, there is usually something of wildlife interest too, especially as we encourage it as much as we can. Bluetits in one nestbox, a blackbird's nest in the arbour, and – a recent surprise discovery – a robin's nest, complete with six eggs, in – of all places – the top of the garden refuse bin! Oh! And there is another nest in use in a shrub towards the top of the garden, species as yet unidentified. Fourteen species of bird frequent the feeding stations at the moment, and no doubt others will arrive as the season progresses. A few overwintered butterflies have emerged, such as the orange tip, red admiral and peacock and we have had the pleasure of witnessing the building of a wasp's nest in the eaves of the summerhouse, a fascinating process whereby a spherical nest is fashioned from wood pulp and meticulously crafted. Wasps are not everyone's favourite, I know. What was it Aristotle said? – "A wasp has few virtues and no soul"! – but they are very clever builders. The pond, that vital element, with tadpoles thriving and dragonflies awaited. Gardens, allotments and the like, total some 526,000 hectares in the UK, no mean area in which to

increase biodiversity. Hedges rather than walls, filter wind, provide habitats as well as berries and insects for birds and the development of natural communities. Suitable plants, shrubs and trees provide food for bees, butterflies and wasps. While we all know some butterflies, it is worth remembering that we have 2,500 species of moth in the UK, and that 60 species have become extinct in the last 150 years. Moths are an essential part of the food chain, providing food for birds, bats, hedgehogs and amphibians, and they are also important pollinators. Many are thought of as being rather drab, but there are those such as the elephant hawk moth, the garden tiger and the six-spot burnet which are very colourful indeed. Lists of plants are available which help to attract moths, one of the best known being the various species of Buddleia. Bearing in mind how important insects are in the food chain, it is sobering to note that they are dying out at over eight times faster than mammals and that 41% of insect species face extinction. Since we are facing the largest overall extinction effect on earth since the dinosaurs, we really must do what we can before it is too late. The cumulative effect of that half a million hectares can be considerable.

Cont. overleaf

I hesitate to delve once more into the realms of badger culling, but recent developments make it irresistible. A recent study by the Zoological Society has found that the culling of badgers encourages the survivors to increase their roaming distance by 61% thus INCREASING the spread of TB. This is the first time an actual figure has been put on it – for what that is worth – but the basic fact is one that was established long ago and featured in the Krebs report on trials conducted in 1997-2008, which you may remember was commented on here at the time. It has taken a very, very long time for DEFRA to wake up to this, but at last trials for vaccine are to be carried out

on both badgers and cattle over the next five years, with a view to replacing culling with vaccination. Hopefully this will lead to a more humane approach to one of our favourite wild animals.

While I suppose naturally, I concentrate on relatively local matters in these pages, wildlife is of great concern throughout the world. The most recent report by FFFI is concerned with the protection and conservation of rhinos, birds of paradise, turtles, corals, marine animals, falcons, pandas and mountain gorillas. If you would care to know more try Instagram [faunafloraint](#) and www.fauna-flora.org. Alan Gane.





A BETTER TOMORROW

I dream of a better tomorrow,
when chickens can cross the
road and not be questioned
about their motives.



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and not just chickens**



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On Saturday 13th June sit yourself down with a nice piece of cake and cup of coffee. Imagine you're at the Yew Tree Hall, catching up with friends and eating some delicious Chocolate Cake.

PLEASE POST YOUR COFFEE MORNING PHOTOGRAPHS ON NEXTDOOR neighbourhood app.

VIRTUAL COFFEE MORNING

Saturday 13th June
10.30am to 12noon

"Stay safe & fit.
and have
CAKE
to stay sane"

I wonder
Whose's the more
likely kidnap target?

skinny people
are easier
to kidnap
—————
stay safe
and
eat cake



hosted by Lorton
Mens Keep Fit
YEW TREE HALL



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Nev Mills

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SCRIPTURE CAKE

Makes 1 medium to large Cake

A fruit cake recipe popular in late Victorian days which required a certain knowledge of the Bible, this was written in the form of a puzzle. Each ingredient is discovered by looking up the relevant Bible passage (these use the Authorised version). The result is an excellent farmhouse-style cake; the original recipe used wholemeal flour, which gives quite a hearty result – light brown flour is much lighter but still adds a nice flavour to complement the figs. There is a good proportion of cake to fruit as well, so it is not too rich. The top can be left plain or sprinkled with coarse sugar crystals or crushed, unrefined sugar cubes before baking.

225g Judges 5:25, last clause

225g Jeremiah 6:20

1 tablespoon 1 Samuel 14:25

3 Jeremiah 17:11

225g 1 Samuel 30:12

175g Nahum 3:12

85g Numbers 17:8

350g 1 Kings 4:22

1 teaspoon 11 Chronicles 9:9

1 teaspoon Amos 4:5

a pinch of Leviticus 2:13

6 tablespoons Judges 4:19

a 20cm round deep cake tin, greased with butter and lined with greaseproof paper

Preheat the oven to 170°C/325°F/gas 3.

Using a wooden spoon, electric whisk or mixer, beat the Judges 5:25, last clause, with the Jeremiah 6:20 and the 1 Samuel 14:25 until creamy, lighter in colour and fluffy. Gradually beat in the Jeremiah 17:11, beating well after each addition (following Solomon's advice in Proverbs 23:14 to beat well). Stir in 1 Samuel 30:12. Using kitchen scissors chop up the Nahum 3:12, discarding the stalks, and stir into the mixture with the Numbers 17:8. Mix 1 Kings 4:22 with 11 Chronicles 9:9, Amos 4:5 and Leviticus 2:13 and fold into the mixture with Judges 4:19, using a large metal spoon. When thoroughly combined, spoon the mixture into the prepared tin and spread evenly. Bake in the preheated oven for about 2 hours, or until a skewer inserted into the centre of the cake comes out clean. If the top browns too quickly, cover with a sheet of greaseproof paper.

Stand the tin on a wire cooling rack and leave to cool completely before turning the cake out of the tin and removing the paper. Wrap in foil and keep for a couple of days before cutting.

Answers to ingredients next month! Please send photos of your efforts.

Bride's Cake- A recipe for a happy marriage

by Val Summerson

- 1 lb love
- 8 oz butter of youth
- 8 oz good looks
- 1 lb sweet temper
- 8 oz blunder of faults
- 1 lb self-forgetfulness
- 1 oz pounded wit
- 1 oz dry humour
- 2tbsp sweet argument
- 1 pt rippling laughter
- 1 ½ wineglasses common sense

Mix the love, looks and sweet temper into a well-furnished house.

Cream the butter of youth with the blunder of faults and self-forgetfulness.

Stir the pounded wit and dry humour with sweet argument.

Add it to the above.

Gently pour in the rippling laughter and common sense.

Mix thoroughly.

Bake well forever.

Daisies

Fairies' feet, dew-soaked, hover and appreciate
Bellis Perennis, unseen but surely so.
For, who else will teach curious fingers to chain
Garlands for flaxen hair, before young limbs will grow?

Morning light sleepily announces
Basal rosettes, spoon-shaped with down.
Bearing solitary stems in a meadow's bed
For discs and rays awakening frown.

A global family, a timeless scene,
To dress a grassland or forgotten lawn.
A freshness in acquaintance
With a golden eye at crimson dawn.

For pursed petals lipsticked in slumber
Are a delicate, perennial pleasure.
A composite, an adorning herb
Stitched at random. A jewel to treasure.

The gnarled hawthorn's shadow is thrown
Over grazing sheep in the warmth of Spring.
The barbs retain, from the carding they give,
A raggedy line of fleece to cling.

'36' and '41', plump from milk and cud
Frisk in gangs that hurtle down the fence.
Free to test their stocky limbs 'a while
In grass that's nibbled down and hence

No Daisy faces grace, they hide below
The level, grazing mouths forever tear.
Waiting for a collie's call to further fields.
So blushing blooms can stretch and simply stare.

Here's a not-very-solemn one for you keen walkers, a reminder of what's out there waiting for us when we're all let out on parole.

Friends from way back ~ addicted walkers ~ came to the Lakes for a holiday last year. They brought with them a daughter and son-in-law, occasional enthusiasts, with their daughter, approaching 21 and determined, very determined, not to embark upon, still less enjoy, a fell-walking career.

Well, we are told it was a Damascene moment. Just the one walk and that was it. Wish we'd been there to witness that.

I wonder how many of you started your exploration of this lovely part of the world thus? For us it was Barrow, climbed from Scotgate Campsite in, er, 1961.

This is in celebration of Emily's day on the fells.

For Emily upon the occasion of her resolving to complete the ascent of the 214 fells described in Alfred Wainwright's Pictorial Guide to the Lakeland Fells

Go climb a Wainwright? Rather stay in bed;
I rather doubt you're sober, even sane:
Why would I risk my life, in cold and rain?
I'll watch the telly, read a book instead.
The very thought just floods my mind with dread;
Inflicting this on me is inhumane;
Those jagged rocks on murderous terrain:
One careless slip, I'd likely end up dead.
But that was 'ere Latrigg had felt my tread,
And now I feel a thrill I can't explain;
My mind is thrilling, fizzing like champagne;
This wondrous place intoxicates my head.
I'll send my steps towards these fells once more;
And, come what may, I'll bag the two-one-four.

John Scrivens

In 1997 my partner and I decided to cycle from Delhi, up into the Garhwal and Kumaon Himalaya, taking in the old British Raj hill stations and then get a bus from Mahendrenagar on the Indian, Nepal border and on across the Terai into Nepal, and then up to Kathmandu to join my partners father who was a mountain guide, taking clients trekking in the Langtang area, and help out on the trek to Yala Peak.

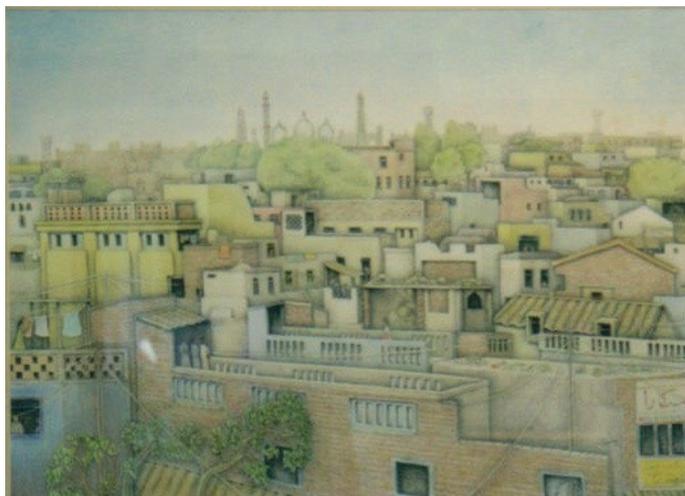
My partner had been travelling in India and Nepal a few times, I had never been to Asia, so to say it was a culture shock was an understatement!

We arrived in Delhi with our boxed bikes, Andrew, left me on a street in Paharaganj a scruffy teeming suburb and went off to look for a guest house.

There I was clutching the bikes in the midst of a teeming city, the noise and the smell, the mad traffic interspersed with elephants, bullock carts, cripples and beggars and street traders shouting in my face, the smell of incense, spices and curry, it was all quite overwhelming, I was glad when Andrew returned to head off to the guest house!

When I had calmed down a bit and after a cup of Marsala tea (delicious) I got out the sketch pads, watercolour and black biro's I had brought and got high up and sketched Delhi rooftops. I intended to return home from this trip with lots of studies to turn into finished paintings, Delhi rooftops was the first.

Paul Cowling



A lovely photo of baby owls taken by Judy Hudson



It was with anticipation that we headed out to Rannerdale to see the local spectacle of the massed bluebells in the open Rannerdale Valley environment. The hot, dry weather this year will have produced its own variation of this annual treat. The question everyone asks is . . . " Is it better or worse than last year ? "

We walked over to find out:

http://www.loweswatercam.co.uk/200505_Rannerdale_Bluebells_2020.htm

Click on this link to see all the pictures.

Hope this makes up in some way for your lack of ability to travel should you not be able to see them for yourselves.

Cheers, Roger & Ann



A selection of wonderful local photos



Grasmoor and rainbow by David Robinson



The weir and low water at Crummock by Roger Hiley



**Loweswater lake at sunrise with shreep (mist clearing slowly)
Whiteside left and Grasmoor right from near Kirkgate
by John Macfarlane**



LORTON VALE GARDENING CLUB

Well, we could grumble about the weather in traditional British fashion, but although at the time of writing, we have had 7 weeks with almost no rain, the gardens are looking fabulous, and those of us who have gardens have felt so lucky to be able to work outside. Alas, all the Gardening Club activities are cancelled for the foreseeable future, including the Lorton Garden Trail, which would have been on the 21st June, and the July coach trip. This is a sort of virtual trail to cheer everyone up - enjoy! Here we have pictures from Charles Lambrick (3), Sheila Mills (2) Liz Irlam (2), Elly Rowland (2), Christine Walmsley (2), Lois Suckling (1) and Rosemary Riley (1).

















UPDATE ON THE LOWESWATER CARE PROGRAMME

by Leslie Webb



Aerial view of Loweswater courtesy of John Macfarlane

Loweswater is possibly best-known, at least amongst quiz compilers, for the fact that it is the only Cumbrian lake where the outlet flows inwards rather than outwards towards the edge of the Lake District. Its name comes from the Norse meaning leafy water suggesting that the surrounding land was more forested than it is today, although Holme Wood is still a very notable feature of its topography. Looking back through my notes, it appears that the last mention of the LCP in the Link was in January 2018 ahead of a local meeting where we launched the reports from the DEFRA-funded project Improving water quality in Loweswater .

The P in LCP started out standing for *Project* in the original Understanding and Acting in Loweswater: A Community Approach to Catchment Management project run by Lancaster University over 2007-10. Apparently, some people found this name confusing, thinking that it referred to a Care Home (or maybe the age of the local participants, me included, suggested this), but what a great location this would be! In 2011, the P morphed into *Partnership* for a short time when we tried to continue as an independent group and finally came to rest as *Programme*, when we became part of West Cumbria Rivers Trust (WCRT) in 2012.

The current stream of scientific work on Loweswater goes back to the last century (just), when, as a result of a recommendation in the Environment Agency's West Cumbria Local Environmental Action Plan in 1999, University College London was commissioned to carry out a study into the increasing incidence of algal blooms in the lake. This study was very useful in bringing together all the historical data on the chemistry and biology of the lake, but the scientists also took a core sample of the lake sediment showing how the accumulation of various elements and certain algae varied over the last 2000 years (calculated from radiochemical dating).

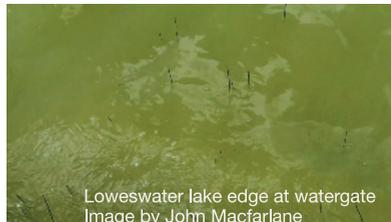


Photomicrograph taken by Andrew Shaw

Most types of algae break down in lake sediments, but one type (the diatoms) are better preserved as they have a skeleton composed of silica. In the above core sample, it was thus possible to identify the species of diatoms in different periods and utilise this to estimate the lake conditions at those times. A mini-study within the later Loweswater Care Project in 2010 (by Angus Winchester and Helen Bennion) combined this information with an analysis of land use in the lake catchment to try to see why the lake's condition has changed over time. The picture

here is of a diatom called Asterionella, which the core analysis showed was only sporadically present before about 1850.

This type is still present in the lake during their normal Spring period of growth and it so happens that, as I write, the lake has experienced a strong bloom of these algae, captured in the photograph here. The types of diatoms present from around 1850 suggest that the lake water is now more productive than previously - this is coincident with agricultural developments such as the installation of field drains and liming of the land to raise the slightly acidic pH and improve grass productivity. In the second half of the 20th century, arable land use (such as for production of oats) disappeared and chemical fertilisers began to be used to enhance grass growth for the increasing numbers of sheep and cattle.



Loweswater lake edge at watergate
Image by John Macfarlane

The subject of fertilisers brings us to almost certainly the single most important factor in the higher levels of algae evident in the lake over the last 50 years or so and this is the increasing concentration of phosphates in the lake water. As well as requiring carbon dioxide, water and light, the growth of algae requires an adequate supply of other nutrients and, from many studies around the world, it is usually the level of phosphorus in phosphates that limits their ability to proliferate. (One should add that the growth of diatoms can also be limited by the amount of silicon as well.) The importance of phosphorus to algae is confirmed by the substantial increase in its level in the lake core taken in 2000 - there's now 4 times as much phosphorus in what's deposited in the lake sediment as there was 1000 years ago.

It's impossible to prove where this increased phosphorus comes from, but the most likely source is residual fertiliser-derived phosphates washed out of the soil by the rain. In lakes like Bassenthwaite, a major source of phosphates is the treated sewage from towns (in this case, from Keswick), although, like Keswick today, the sewage can be treated chemically to reduce this if needed. In Loweswater of course, there is no centralised sewage treatment as all the properties have their own small treatment plant. In another mini-study in the original LCP, I carried out a small project to do something that I didn't envisage doing when I moved here in 2006, which was to study all the sewage treatment plants in the Loweswater catchment to see how they were

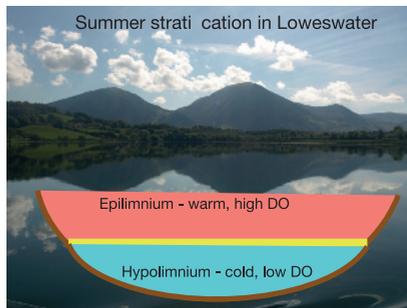
working and also to see how many people were using phosphate-free detergents. This was quite



interesting and allowed me to get to know people in a completely new way. The treatment plants ranged from old septic tank systems (some not having been touched for many years) through to modern fully-mechanised plants (like the one shown here) and a reed bed. The trouble with all such plants is that they are

not designed specifically to remove phosphorus, although some does get transferred into the sludge, but this still has to be disposed of. Quite a few people were using phosphate-free detergents, but a lot of dishwasher powders still contained high levels of phosphate.

This study estimated that the various sewage outlets contributed around 15% of the phosphorus input to the catchment. One of the other sources of phosphorus is the lake sediment itself. In the Summer, deeper lakes like Loweswater stratify into two layers due to the warmer water of the incoming becks being unable to mix with the cold, denser water already there (see picture), Shallower lakes like Bassenthwaite don't do this as normal mixing (such as by the wind) prevents this occurring. The bottom of Loweswater loses its dissolved oxygen (DO) at this time, becoming virtually anoxic for a few weeks - this very poor water quality is the main reason why the lake is only classified as of moderate quality. The low DO allows phosphorus in the bottom sediment to be re-dissolved which returns to the main body of water once the lake re-mixes itself in the Autumn. In the last LCP project, the University of Liverpool were able to calculate that, in



2013, this recycled phosphorus was a minor contribution (<10%) to the lake's total input and that over half of the total incoming phosphorus remained in the sediment (rather than leaving in the Dub Beck outflow).

A £325k DEFRA grant funded this last LCP project 'Improving water quality in Loweswater', which we carried out after we became part of the local Rivers Trust. The bulk of the money was spent on improving the infrastructure at various farms with the objective of reducing their phosphorus input to the lake catchment. This gave the project a strong link back to a farmer's group in 2002 that kick-started efforts to improve the environment in Loweswater. As the University-led project in 2007-10 had concentrated on sociological aspects arising from the lake's problems, we were determined that this new project would get its hands dirty by focussing on practical measures. Here's a photo-montage of some of the farm projects:

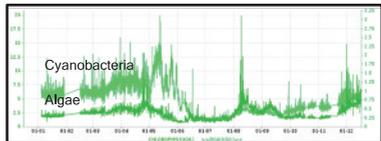


In 2013, as part of this same project, we also started our own monitoring of the lake and its feeder becks although we do also make use of the data from monthly samples taken by the Environment Agency. You may have noticed a small raft that has been on the lake for the past 7 years, located



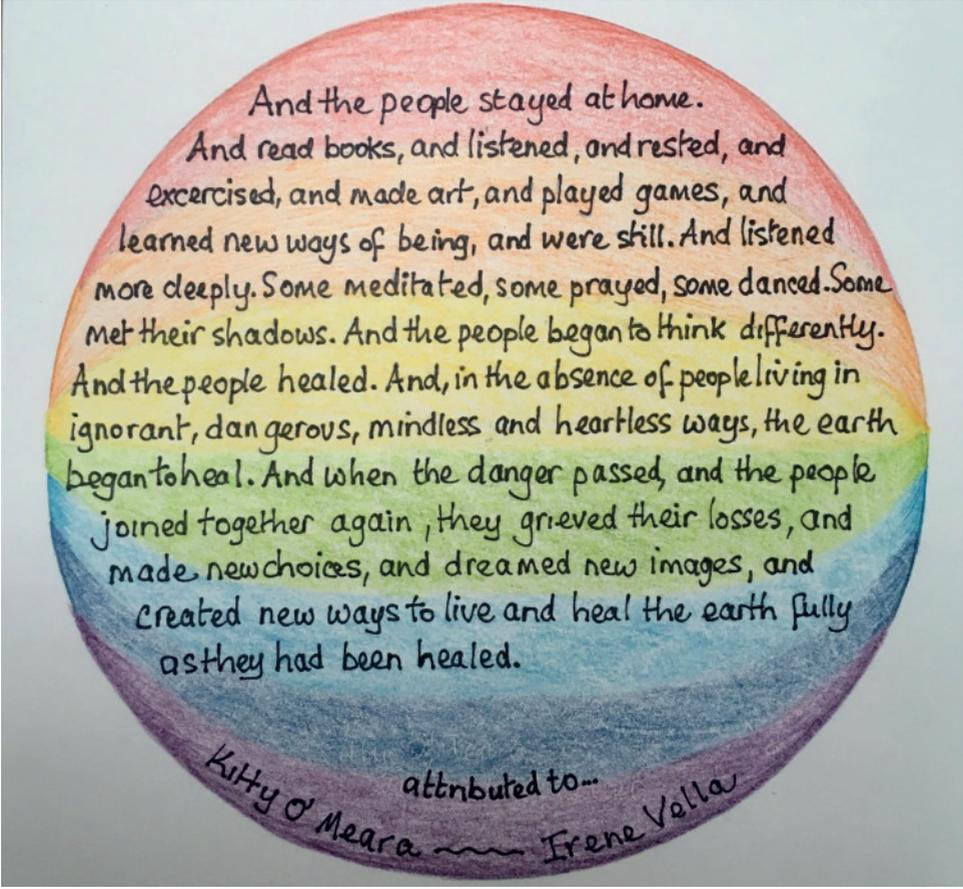
over its deepest point (where it's 16m to the bottom). Originally, we used this to house a small ultra-sound generator (to try to kill the algae, but we don't talk about this any more as it didn't work) plus a monitoring station (as shown in the photo here). This clever box of tricks allows us to monitor pH, temperature, conductivity, dissolved oxygen, turbidity and, the best bit, two measures of the algal numbers in the lake.

There's lots of different species of algae (which we also identify via analysis down the microscope), but we can classify them broadly into green algae (like the diatoms) and blue-green algae (better termed cyanobacteria, which are amongst the oldest life forms on Earth, present 2 billion years ago). The big issue with blue-green algae is that some are toxic when they break down. As you can see in this trace from the sensor, we can see the hourly concentrations of both types (in real time on the computer if we telemeter the data).



We still carry out all these measurements (plus annual electro-fishing expeditions) to see the effect of the farm improvements on the lake and its becks. However, a big factor in what reaches the lake from the catchment is something over which we have no control - rainfall, which averages around 1600mm each year in Loweswater. I might write something more about this in the future.

All our work (and that by others before us) is described in various reports on the LCP pages of the WCRT website. If you're interested in the detailed science, there's some chunky reports with loads of data to get stuck into, but there's also short summary reports without much of the numerical data. Do have a look - you probably won't have a better period to find the time to do this. Many thanks to Andrew Shaw for his contribution to all we have done over the last 10 years.



And the people stayed at home.
And read books, and listened, and rested, and
exercised, and made art, and played games, and
learned new ways of being, and were still. And listened
more deeply. Some meditated, some prayed, some danced. Some
met their shadows. And the people began to think differently.
And the people healed. And, in the absence of people living in
ignorant, dangerous, mindless and heartless ways, the earth
began to heal. And when the danger passed, and the people
joined together again, they grieved their losses, and
made new choices, and dreamed new images, and
created new ways to live and heal the earth fully
as they had been healed.

Kitty O'Meara ~~~~~ attributed to ~~~~~ Irene Vella

Deadline for July is Fri 19th June, all articles to lortonvalelink@gmail.com by this date. A plea to all for some interesting articles/recipes/letters etc please to replace all the items that will be missing.